Preventing tactical training injuries: progress & the future

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Preventing Tactical Training Injuries: progress and the future

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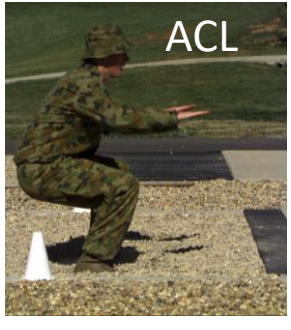
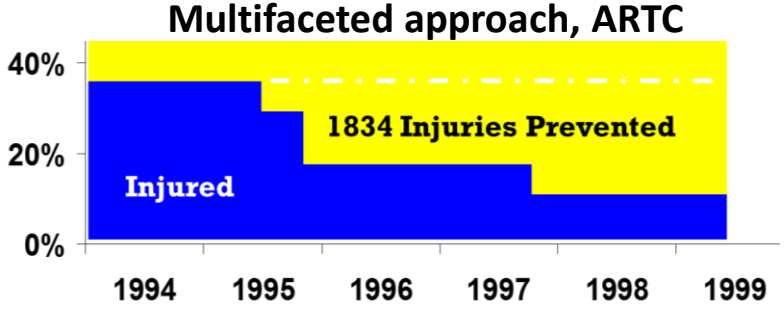
Preventing tactical training injuries: *Progress?*

- *Lots of activity* - focus on fitness, conditioning, selection, standardization/ control of training, hazard management, PHA / RMA / hybrid systems
- *Some successes* – but limited in time and reach (see reference list for details)





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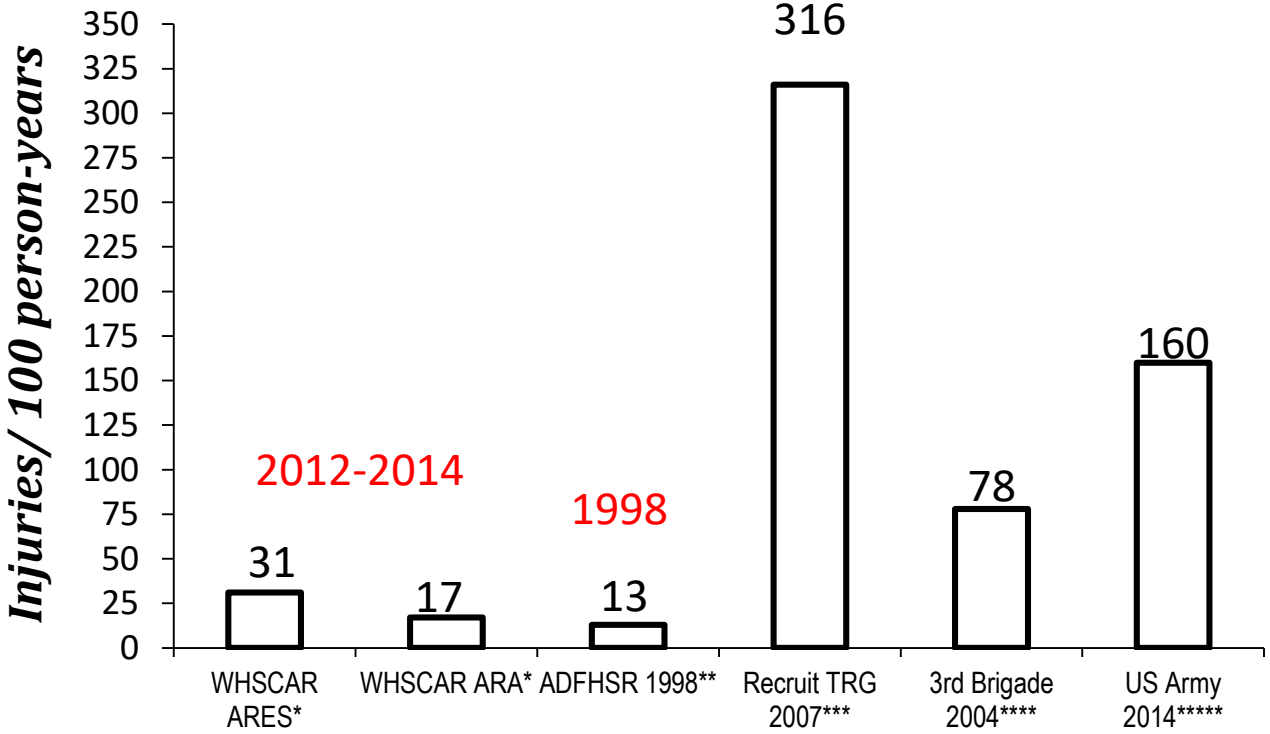
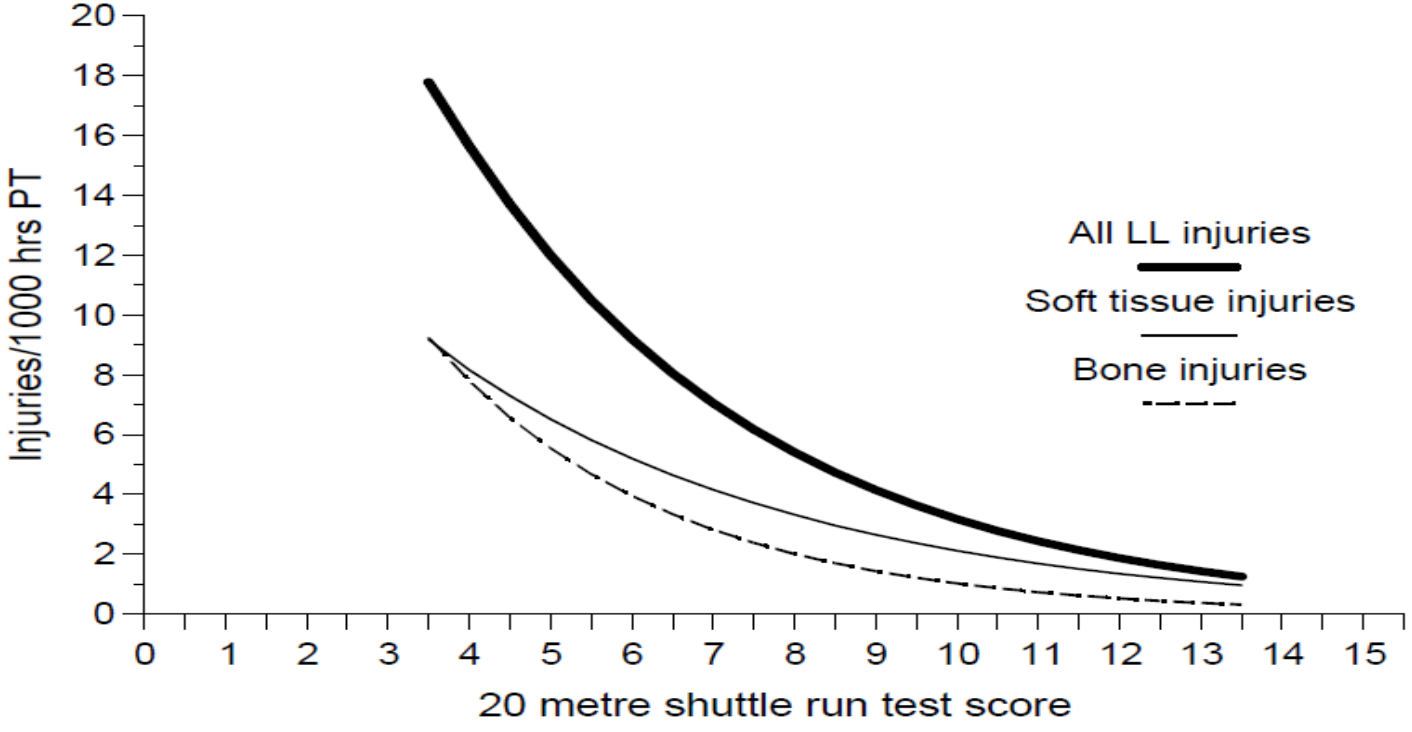


(Pope & Orr, 2017)

Preventing tactical training injuries: *Progress?*

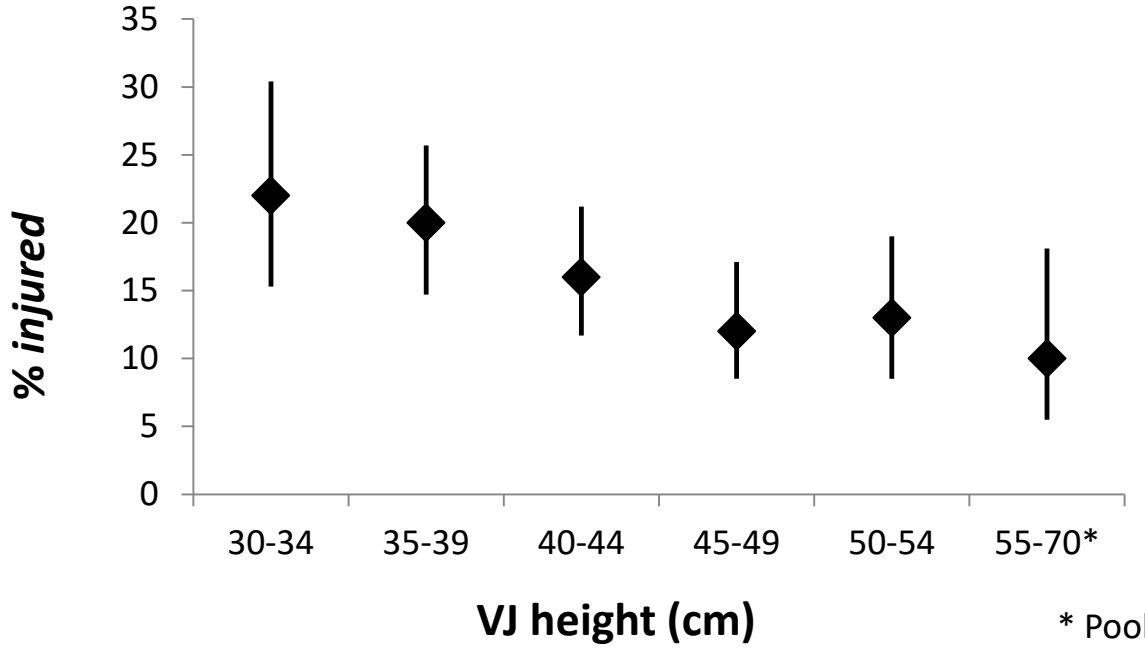
- *Key issues*
  - Injury causation is multifactorial
  - Each factor typically accounts for 1-5% of overall injury risk (but small risks accumulate over repeated exposures & factors additive)
  - Command changes & posting cycle - progress often lost or reversed
  - Injuries a hidden problem – reporting/ monitoring inadequate & ‘gamed’ due to repercussions
  - Focus on the wrong issues (eg gender rather than fitness, stature)
  - Translation to practice can be fraught (eg balance & agility) & some interventions don’t work (eg pre-exercise stretching)



(Pope, 2002, pp. 82; www.researchgate.net/publication/273119693_Prediction_and_prevention_of_lower_limb_injuries_and_attrition_in_army_recruits)

Percentage of Recruits *injured*, by VJ height, with 95% CI



(Orr R, Pope R, Peterson S, Hinton B & Stierli M, 2016)

* Pooled results (small cell counts)

Preventing tactical training injuries: *the Future?*

- *We need:*
  - High-level buy-in, monitoring, oversight, accountability – recognize and monitor personnel / mission consequences
  - Outcome measures that are difficult to ‘game’, eg personnel impacts, actions to address factors
  - A system approach – PHA/RMA hybrid, automated system control charts & alerts
  - Multifaceted interventions
  - Intervention studies

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Questions?

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